



乃街社區活動日

溫哥華華人宣道會每年都會舉辦社區活動日。而今年的主題是社區安全。我們華人警訊中心很榮幸今年受到邀請參加這個活動。活動日里有很多不同的遊戲攤位，食物和音樂表演。我們中心聯同溫哥華警察社區安全小組進行了一個安全演講和回答了有關安全的問題。這個活動日能促進社區內不同的人士和種族的和諧關係。

The Knight Street Community day is an annual event hosted by the Vancouver Chinese Alliance Church, with this year's theme focused on community safety. Many organizations were invited and the CCPC was very honoured to be one of the invited organizations. The day was filled with music, food, games and giant air slides. The CCPC was able to collaborate with Community Safety Personnel from the VPD to carry out safety presentations and answer safety questions from the participants. Many of the local community members came out to participate, enjoying the ethnic foods and games. The Knight Street Community day is a great example of local organizations coming together to create a

Knight Street Community Day

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教育孩子單車安全知識

教育孩子有關騎單車的知識是非常重要的事情。這裡有一些重要的騎單車提示：

1. 什麼時候都必須戴頭盔。頭盔會保護你的臉，頸部，和頭部。無論騎車的時間多長，每次騎單車都必須帶著頭盔。請繫緊頭盔確保頭盔不會左右搖擺。
2. 不要穿戴可以卡住車鏈的東西，例如寬鬆的褲子，書包的帶，或鞋帶。
3. 穿適合的鞋子。拖鞋或涼鞋都沒有抓住踏板的功能。千萬不要赤腳騎單車。
4. 不要帶著耳機，以免不能聽見周圍的聲音而因此發生意外。出門前，一定要小孩通知大人在哪裡騎單車。

It's summer again, and that means it's time to teach your kids about the importance of bike safety! Here are some important tips to teach your kids about bike safety:

1. Wear a helmet. A helmet will provide protection for your face, neck and head. Wear a helmet every time you bike, even if it's a short ride. Make sure the straps are snug so the helmet doesn't move around.
2. Wear nothing loose that could get caught in your bike chains, such as loose pants, backpack straps or shoelaces.
3. Wear proper shoes: Sandals and flip-flops won't help you grip the pedals. And never go riding barefoot!
4. Avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way. Always have your kids tell you where they will be riding.



Teaching Kids Bike Safety

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